

## Cashman Fit & Lit Here is how it works...

Aerobic exercise means you are working hard enough to get your heart rate up between 150-200 beats per minute. An easy way to do this is to find your pulse and count the beats for 6 seconds and then add a "0" to it. For instance if you counted 13 beats in 6 seconds your heart rate is 130. You must get your heart rate up to 150-200 beats per minute for at least 20 minutes for your body to benefit from exercise. Remember your body must be moving for at least 20 minutes.

Each sneaker is worth 20 minutes of aerobic exercise or 1 mile. Color in the sneaker, fill in the type of exercise you do and have an adult initial and date the sheet. If you exercise for more than 20 minutes you may fill in more than one sneaker. For example, if you were swimming for 1 hour, you may fill in 3 sneakers.

Once you fill in all the sneakers, pass in your sheet at the library in the "Fit & Lit" box. During Gym class you will be awarded your Toe Token! One sheet equals one token. Have fun and happy exercising!!!